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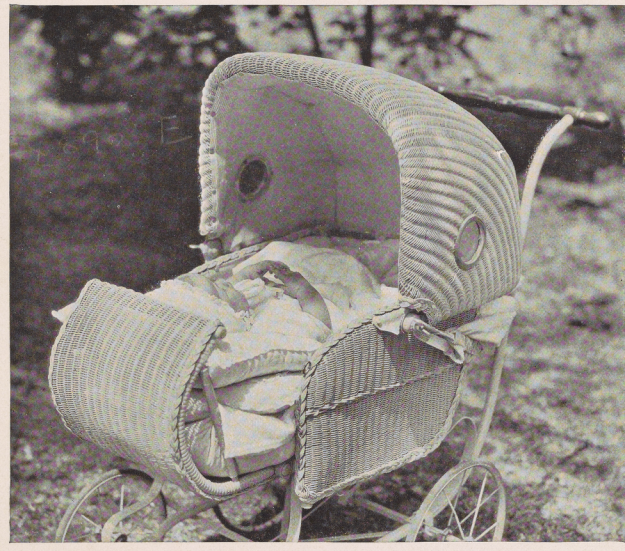
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# BUILD EARLY FOR GOOD GROWTH-8



## SUNSHINE IS NECESSARY FOR MOTHERS AS WELL AS CHILDREN



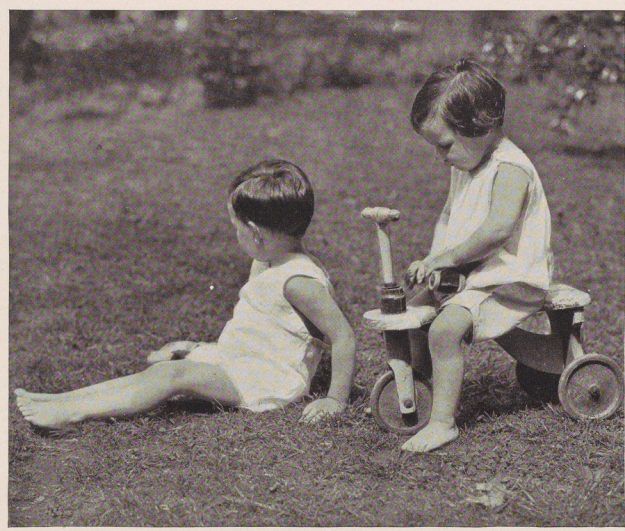
23513-C

When the baby is 3 or 4 weeks old sun baths should be begun. Expose cheeks and hands to the sun for not more than 10 minutes at first, turning the baby first on one side, then on the other, so that his eyes are protected from the direct rays. Be careful not to burn the baby's tender skin.



24130-C

When the baby's face and hands are used to the sun, expose more and more of the body. The sun bath may be increased, lengthening 3 to 5 minutes daily. In cold weather the sun bath may be given before an open window in a heated room, provided the child is protected from drafts.



33312-B

Sun baths should be continued during the runabout age. This picture shows sun-bathing suits made of thin material with large openings for legs and arms, which expose a large amount of the body's surface.



23514-C

Sunshine is good for grown-ups as well as for children

## BUILD EARLY WITH SUNSHINE

Prepared by Office of Cooperative Extension Work, Extension Service, United States Department of Agriculture, Washington, D. C.